

# **Psalm 46:1-2 - God: Your Refuge, Strength, and Help**

HebrewLexicon, TSK, INT, Handfuls, Henry, Poole, Geneva, JFB, Clarke, Barnes, Gill, Calvin, Delitzsch, Maclaren, Trapp, Plumer, Brothers and sisters in Jesus Christ: None of you will doubt that there are times in your life when things looked dark and threatening. You have probably wondered if you would regain your health after a sickness...or if you would recover at all. You have probably wondered if you would find another job to support your family after losing a good one. You have probably wondered if a broken relationship with a loved one would ever be restored. You probably wondered if you would ever be able to pick yourself up after a loved one died. Or you probably wondered if your baby would be healthy...or even survive. In those dark times you have probably wondered if God were really there...or whether he were really in control of all things. Today you will hear God's response!

Our headings are:

**The Nature of God's blessing to the weak**

**The Means of God's blessing to the weak**

**The Result of God's blessing to the weak**

Our goals are: **That seeing God's presence and blessings, in good times and in bad, that you will all the more hold on to the Savior, and love and worship him in good times and in bad.**

## **The Nature of God's blessing to the weak**

1 To the Chief Musician. A Psalm of the sons of Korah. A Song for Alamoth. God is our **refuge** and **strength**, A very present **help** in trouble.

**1. This song was likely sung by women, as signified by "Alamoth."** Alamoth means "virgins." It could be translated "sopranos."

**2. The song asserts that God is your refuge-protection, strength-power, and helper in times of trouble-presence.**

**a. God is your Refuge. This was not a literal place of high and thick walls but an illustration of a spiritual place.**

Proverbs 18:10 The name of the **LORD is a strong tower**; The righteous run to it and are safe.

God is your spiritual refuge all the time. The Hebrew word for refuge is "makh-as-eh." We remembered it as "ma-castle," a place of protection. The wall towers were a place to run for safety.

Psalm 91:2 I will say of the LORD, "**He is my refuge and my fortress**; My God, in Him I will trust."

3 Surely He shall deliver you from the snare of the fowler And from the perilous pestilence.

The walls around you are the walls of **his love, mercy, and power**. **But I want you to take notice that the Lord did not say: "I will remove all your troubles**; life is going to be lollipops and daffodils." But you have protection in him.

**b. God is your Strength.** The walls of the Refuge keep you safe, but you need someone powerful enough to fight against your enemies. And when you are in him, he gives you power to fight against the Devil, the world, and your flesh. **Isn't this what Serena needs most of all in her life? Antibiotics are great! God will be her strength. God will give her strength.**

Psalm 46:8 Come, behold the works of the LORD, **Who has made desolations in the earth**.

Psalms 18:2 The LORD is my rock and my fortress and my deliverer; **My God, my strength**, in whom I will trust; My shield and the **horn of my salvation**, my stronghold.

**c. God is your Helper in time of trouble.** You have walls of protection and your God has power to fight. But by themselves, these 2 things would not be sufficient **if God were not present**. It is interesting that the word used for trouble is sometimes translated "rival wife." What could be bigger trouble than that...something that affects the most intimate of relationship in this world? He is never missing in action. (Which husband can say that? Even a mother can't say that!) **God is present with the power to help, and so you are protected.**

## **3. Lessons:**

**a. As God's child, you never need to worry. God is your protector. God has a hedge around you.** No one can touch your body or soul unless God permits it. This is what the Devil confessed about Job...**God had a hedge around him and made him untouchable!** And even if your God wants you to die, isn't that ultimately a greater blessing for every Christian?

**b. Are doubts, despondency, and death, gifts from Satan, too much for God?** Couldn't God heal you if he wished? What about civil leaders who put wicked men in the bathroom with your little girls, or the Supreme Court justices who ordered the state to allow the killing of the old, the sick, and the suicidal? God is tougher than Trudeau. He can't do anything he wants. He is limited by Almighty God. The Supreme Court justices will have to appear before the Court of Jesus and give an account for every wicked law they create. The wicked have limited, temporary power. God removes troubles when he wants!

**c. Furthermore, is the Lord ever missing from being near you?** No. Never. He is a present comfort! He is the only one who is always every "there for you." He is with you when your loved one dies... when you lose your job...when you have a fight with your boss...when that personal relationship ends. You never suffer alone! You never suffer too much!

## **The Means of God's blessing to the weak**

### **1. How does God become your refuge, strength, and helper? How do you get all these spiritual benefits?**

God becomes your refuge, strength, and helper through Jesus Christ alone.

Matthew 11:28 "Come to Me, all you who labor and are heavy laden, and **I will give you rest.** 29 "Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

Matthew 18:11 "For the Son of Man has **come to save that which was lost.**

### **2. What did Jesus do so you could get these blessings?** He defeated sin, death, and hell. This means that no one else in any other religion could get these blessing for you. **He became man** to meet God's demands. **He had to be God** to take the sins of the world. Only Jesus met those qualifications. And by trusting in Jesus you have been adopted as sons of God.

### **3. This Psalm was likely David's reflection of God's protection, power, and presence through the wars he fought with the surrounding nations.** And notice how he recognized that **God was the true victor.** The credit was God's, not his.

#### **4. Lessons:**

**a. The world fakes peace! They have no place of refuge, they fight in their own strength, and they have no true comfort in their hearts!** When there is an absence of strife they think that is peace. But they are still God's enemies who will meet the Lord in defeat and damnation. **Don't be jealous of the world, then.** You have true peace. You have met the Peacemaker!

**b. But don't take the credit for the Lord's salvation to you!**

**c. Show pity to the world by telling them of the only way they could get that protection, power, and presence of the Lord...for eternity. This is evangelism.**

## **The Result of God as a blessing to the weak**

2 Therefore **we will not fear,**

### **1. As result of receiving what Christ acquired for you, you will fear none else ...**

Psalms 56:3 Whenever I am afraid, I will trust in You.

Of course this is not attacking good fear, like fear that keeps you from going to the edge of a cliff. This is referring to bad fear – like fear of getting sick and dying...or fear that your soul can be lost...or fear of losing your job...or fear of your child dying...or fear of getting poor! You have no reason to fear these things... like Mordecai did not fear Haman!

Psalms 23:4 Yea, though I walk through the valley of the shadow of death, **I will fear no evil;** For You are with me; Your rod and Your staff, they comfort me.

Psalms 27:1 The LORD is my light and my salvation; **Whom shall I fear? The LORD** is the strength of my life; Of whom shall I be afraid?

**2...Even though the earth be removed,**

### **2. Even though it might seem like the whole earth (land - Israel) is in chaos - that defeat is looming on the horizon, you don't have reason to fear.**

Psalm 46:3 Though its waters roar and be troubled, Though the mountains shake with its swelling. **6]The nations raged, the kingdoms were moved;** He uttered His voice, the earth melted. 7 **The LORD of hosts is with us; The God of Jacob is our refuge.**

**2...And though the mountains be carried** into the midst of the sea;

### **3. Even though leaders (leaders) have lost their minds, you have no reason to fear.** Following the consistent interpretation of the Bible, mountains referred to **political upheavals.** Mountains were the high part of the land. And mountains were natural protectors. So it is understandable to use mountains to refer to civil leaders. **There were political upheavals at that time...the death of King Saul...the wars with the Philistines, etc.!** Look at other examples of God calling Babylon and Rome mountains.

Jeremiah 51:25 "Behold, I am against you, **O destroying mountain**, Who destroys all the earth," says the LORD. "And I will stretch out My hand against you, Roll you down from the rocks, And make you a burnt mountain.

Revelation 6:12 I looked when He opened the sixth seal, and behold, there was a great earthquake; and the sun became black as sackcloth of hair, and the moon became like blood.<sup>13</sup> And the stars of heaven fell to the earth, as a fig tree drops its late figs when it is shaken by a mighty wind. <sup>14</sup> Then the sky receded as a scroll when it is rolled up, and **every mountain and island was moved out of its place**.

Hebrews 12:26 whose **voice then shook the earth**; but now He has promised, saying, "Yet once more I shake not only the earth, but also heaven."

**Can you imagine how many times Israel sang this song?** Surely Israel sang this song when Sennacherib invaded Israel...and every other tyrant posed a threat to God's people! And you can see **why Luther loved this song so much!** **The threats from nations and kings all around him in Europe in the 16<sup>th</sup> century did not cause his faith to waver.**

#### **4. With all these promises – and with the removal of fear – what can Serena, her family, New Horizon, and the Christian church worldwide expect in the future? God will fulfill his promise!**

Haggai 2:22 **I will overthrow the throne of kingdoms**; I will destroy the strength of the Gentile kingdoms. I will overthrow the chariots And those who ride in them; The horses and their riders shall come down, Every one by the sword of his brother.

And how will this be done? Through the Sword of the Spirit, the Word of God, rightly proclaimed.

#### **5. Lessons:**

**a. Take the time to think! What troubles are you facing now, or have recently faced?** Sickness? Uncertainty? Unemployment? Heartbreaks? Loneliness? Death of a loved one? Does your world seem turned upside down? Is there chaos in your life? Think about the troubles the church is facing now... from a wicked civil government... from judges... from false religions. There is a consistent attack against Christian freedoms. Is Serena's life going to be smooth? No. Her troubles are birth were nothing! She will likely face greater trials – spiritual trials. But...

**b. Don't be afraid.** You have a wall around you. You have strong God protecting you. You have a God who is always with you. And all of this you get through the work of Jesus Christ. **And he assured you that whatever is in his hand no one can pluck out! His church will continue...and flourish. This is the promise that you and your children must embrace!**

**c. What is the opposite of fear? Rejoicing. So worship God.**

#### **Conclusion:**

So you have big troubles! Big deal! Or maybe not so big deal. Why? Because God is your protector, he has the power to help, and he is present to help. You are guaranteed help because you are God's child through Jesus Christ!

Brothers and Sisters in Jesus Christ:

**1. If you feel overwhelmed, don't be.** You belong, body and soul, in life and in death, to Jesus. Do not be dismayed whatever betides. God will take care of you.

**2. Instead, commit your troubles to God's charge.** He will protect you. If he wants the trouble to touch you for a while, he has the power to stop it whenever he is ready. And remember, you won't suffer alone. Even if you die from your troubles, you will be transferred to that heavenly refuge.

**3. Invite others to the place of refuge.**

Finally: If you are not a Christian, you are outside of God's refuge. You are a toy for the Devil. You are in mortal danger. Why not ask God to open up the door so you could enter. Jesus said: I am the Door. He paid the price for sinners to enter in.